



2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

PRO - Proper Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity



Manufacturer:

ZYM

Phone: 858-309-5161

Email: info@zym.com

www.zym.com/collections/powder-mix



ZYM Smart Hydration

Description: (from Manufacturer's Website)

Designed to Replace the Electrolytes Lost During any Activity and to Provide Fuel When Training or Competing.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.25

3rd Party Certifications:

Gluten Free, Dairy Free, Non-GMO, Vegan

Flavor Name(s):*

(Different flavors may have unique ingredients and nutritional information related to their specific flavoring and/or coloring agents - see individual product labels for details.)

Strawberry Lemonade, Lemon-Lime

Poor Choice

Rating: **60.6** points



Nutrition Facts

20 servings per container

Serving size **1 Scoop (23g)**

Amount per serving

Calories 80

%Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 380mg **17%**

Total Carbohydrate 21g **8%**

Dietary Fiber 0g **0%**

Total Sugars 19g

Includes 19g Added Sugars **38%**

Protein 0g

Vitamin D 0mg **0%**

Calcium 45mg **4%**

Iron 0mg **0%**

Potassium 39mg **0%**

Vitamin C 90mg **100%**

Magnesium 39mg **10%**

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Cane Sugar, Dextrose, Sodium Citrate, Natural Flavors, Citric acid, Calcium Lactate, Magnesium Lactate, Potassium Citrate, Ascorbic Acid (Vitamin C), Turmeric (Color), Fruit and Vegetable Juice (Color).

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